



Rugby for Real: The Common Sense Training Manual

By Chris Sheryn

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Rugby for Real: The Common Sense Training Manual, Chris Sheryn, This training manual will be the first in a series of titles, containing the same core information, appealing to tennis, netball, soccer players and possibly for other sports too. Rugby for Real covers all aspects of conditioning for rugby, from fitness drills and exercise programmes to motivation and diet. The focus market is rugby players outside the professional rank - keen amateurs.



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